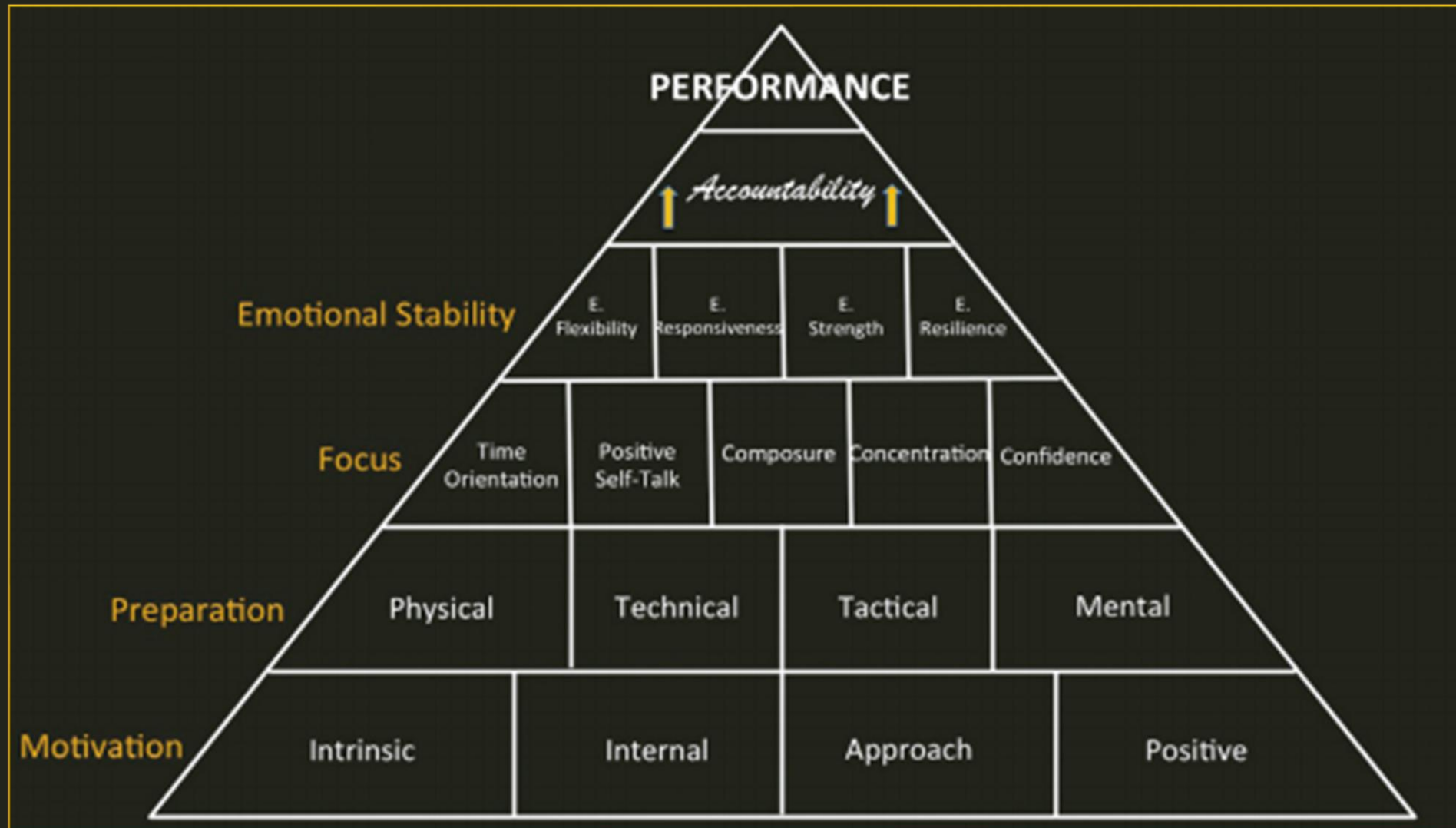




MENTAL CONDITIONING

(McGuire, R., Selking, A., & Ivey, P., 2018)

Mcguire-Ivey-Selking Model of Mental Toughness



(McGuire, R., Selking, A., & Ivey, P., 2018)

2 COMPONENTS



Thinking Right In Sport

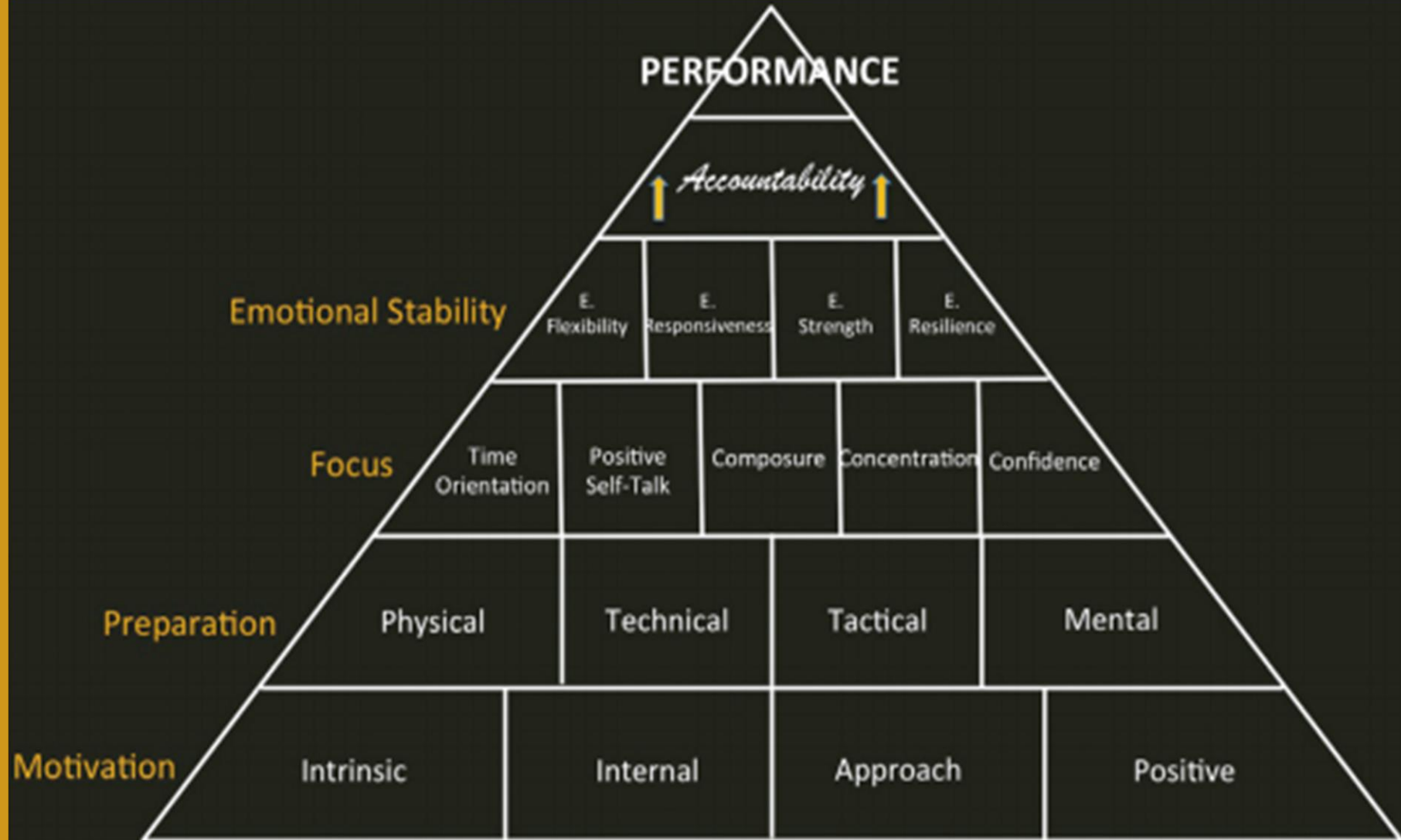
X



Mental Toughness

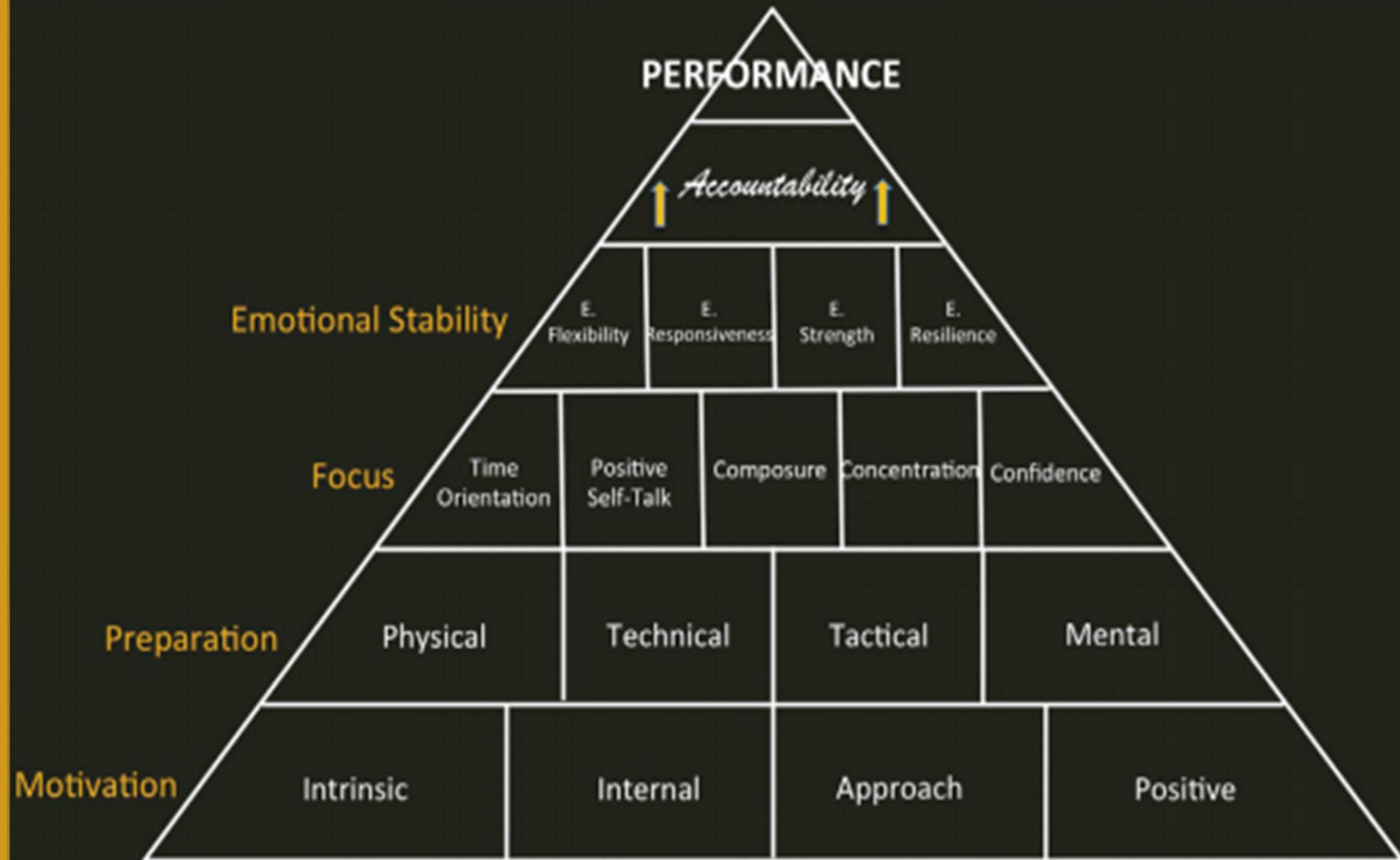
Thinking *Right* in Sport

1. Thinking Right in Sport
2. Positive Self Talk
3. Optimal Arousal
4. Concentration
5. Confidence
6. From Whistle To Snap



Mental Toughness

1. Mental Toughness
2. Emotional Flexibility
3. Emotional Responsiveness
4. Emotional Strength
5. Emotional Resiliency
6. Accountability





FOCUS

REFERENCES

McGuire, R. Ph.D., Selking, A. Ph.D., & Ivey, P. Ph.D. (2018). *Building A Culture Of Mental Toughness: The pyramid model*. Championship Productions.

https://www.championshipproductions.com/cgi-bin/champ/p/Performance-Training/Building-a-Culture-of-Mental-Toughness-The-Pyramid-Model_GD-05436.html